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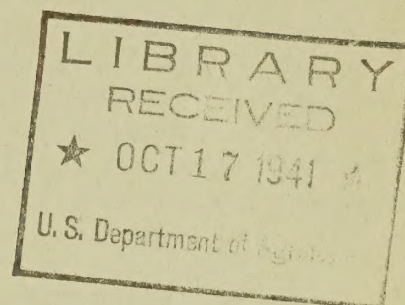
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REFERENCES TO PUBLICATIONS ON FOODS AND NUTRITION

Compiled From Weekly List Sent to Home-Economics
Extension Workers

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Food and Nutrition WHEN YOU CURE YOUR MEAT, CURE IT TO KEEP. Ferdie Deering. (The Farmer Stockman, vol. 52, No. 22, November 15, 1939, pp. 7.) Recipes for curing meat and a report of the experiments made by the Texas Agricultural Experiment Station at Lubbock, in which cured meats were stored in refined cottonseed oil or peanut oil. The author says that the oil prevents growth of mold, reduces evaporation and shrinkage, prevents hardening of meat, and eliminates fly and skipper damage. The meat will not become more salty or absorb foreign flavors from the oil. The meat should be packed closely in enough oil to cover it. The oil may be used repeatedly for several years.

Food and Nutrition WHAT IS A SENSIBLE ATTITUDE TOWARD FOOD? E. V. McCollum. (Food Facts, vol. 8, No. 6, December 1939, pp. 1, 4.) The author states as a well-established fact that the person who requires from 2,500 to 3,500 calories of energy a day, can safely plan a diet that will insure all the organic elements, vitamins, and proteins necessary for the maintenance of excellent health. He points out the fact that so much has been said about the unique nutritive value of dairy products, eggs, meat, green vegetables, and fruit that there has been too great a tendency to reduce the consumption of wheat. A problem that is economic as well as dietetic has resulted, since the livelihood of wheat farmers is involved. He says that we could do without bread entirely, but we would gain nothing from so doing.

Food and Nutrition BAKING TECHNOLOGY AND NATIONAL NUTRITION. James A. Tobey. (Scientific Monthly, vol. 49, No. 5, November 1939, pp. 464-468.) The author discusses the art of baking bread from the dawn of history to the present time. He says that bread made a quarter of a century ago was composed largely of wheat flour, salt, and water fermented with yeast of somewhat uncertain quality. Modern bread is more than wheat flour; its ingredients include milk, pure yeast, fat, and some form of sucrose or dextrose, or malt extract. In regard to the lost nutrient so many times mentioned in relation to modern bread, he says that wheat bread with milk is a fairly good source of vitamin B₂, but that it contains only about one-fifth the usual B₁. He closes by saying that though good bread is not the foundation of every well-balanced daily diet, modern bread is superior to bread of the past.

Food and Nutrition HERBS FOR THE KITCHEN. Irma Goodrich Mazza. (Little, Brown and Co., Boston, 1939, pp. xv 312.) Contains descriptions of various herbs for use in perfumes and cookery, and gives hints on handling them. Recipes compose a considerable part of the book.

Food and THE FOOD ACT--PURPOSE, SCOPE, COMPLIANCE. Ole Salthe.
Nutrition (The Northwestern Miller and American Baker, vol. 16,
 No. 12, December 6, 1939, pp. 18-21.) A discussion of
the new Food, Drug, and Cosmetic Act, which explains its purpose and
the extent of control exercised.

Food and INTERNATIONAL AND NATIONAL ASPECTS OF THE CAMPAIGN FOR
Nutrition BETTER NUTRITION. Frank G. Boudreau. (Journal of the
 American Dietetic Association, vol. 15, No. 10, December
 1939, pp. 885-893.) An article read before the tenth
annual meeting of the New York State Dietetic Association. Discusses
the paradox in the present day of the great abundance in the world while
millions are insufficiently fed, clothed, and sheltered. It states that
clashes in ideologies, such as the theory of national self-sufficiency
are responsible for some of the nutritional deficiencies.

The author takes up the need for a rising standard of living
throughout the world. He does not except America, where he points out
evidences of malnutrition, such as the recent outbreak of scurvy in
Maine; the children in a Toronto hospital who had very low vitamin C
values in the blood; the prevalence of nutritional edema in Georgia;
and the fact that, in Philadelphia, 9 percent of the school children
examined annually are classified as having unsatisfactory nutrition.
He says that we are beginning to appreciate the fact that the effects
of nutritional deficiency are permanent and more serious than we have
believed, and that the benefits of an abundant and adequate diet are
greater than we have thought them to be. He advocates more carefully
worked out dietary surveys to locate the undernourished and to show to
the public that a real problem exists.

Food and GREEN GOODNESS. Marianne Kittell. (Capper's Farmer,
Nutrition vol. 50, No. 10, October 1939, pp. 47, 54.) An article
 on pickling that tells how to preserve food in brine
 and vinegar, with or without bacterial fermentation, and
with or without the addition of spices and sugar. Instructions include
"oil cucumber pickles," kraut, the preserving of snap beans in brine,
and salted corn.

Food and RICE SUBSTITUTE MADE FROM WHEAT. Research and experi-
Nutrition ment in Hungary turn surplus grain into a satisfactory
 substitute for imported food. E. Singruen. (Food In-
 dustries, vol. 2, No. 11, November 1939, pp. 633-635.)
A report of how scientists in Hungary have found a way of turning
grains of wheat into a substitute for rice by a special process.

VITAMINS AND RELATED SUBSTANCES IN YEAST. M. A. Joslyn. (The American Brewer, vol. 72, No. 11, November 1939, pp. 26, 27.) An article in two parts, the second part of which is to appear in the December issue. The first discusses yeast in the diet, the history of some of the vitamins, and the characteristics of vitamins B₁, B₂, A, and D. Shows the relative vitamin B and G content of a number of foods, and the comparative B₁ value of another list of foods.

FUNDAMENTALS OF CAKE DECORATING—STEP BY STEP. Part IV (continued). Eric Loebelenz. (Bakers Weekly, vol. 104, No. 3, October 21, 1939, pp. 73, 74, 79.) One of a series of articles on decorating cakes. This particular article tells how to mold flowers such as narcissus and daffodils for the decoration of cakes. Patterns or outlines for guidance are included.

VITAMIN B THERAPY IN INFLAMMATORY AND DEGENERATIVE DISEASES OF THE NERVOUS SYSTEM. W. J. McCormick. (Medical Record, vol. 150, No. 10, November 15, 1939, pp. 343-345.) An article continued from page 307 in a previous issue. The author points out pertinent factors in our modern living conditions which contribute to vitamin-B deficiency. This vitamin generally is associated with natural foods and is found in seeds, in the germinating parts of fruits, vegetables, and cereals, and in glandular parts of meats. He states that increased use of toasted and steam-puffed cereals is one way of limiting vitamin B₁ in the diet, also that the use of refined carbohydrates such as lactose, dextrose, and glucose in infant-feeding is conducive to B₁ hypovitaminosis. The author also says that another vitamin-B depleting factor not generally recognized is the greatly increased use of tobacco and alcohol in modern life.

FLAVOR IN FOODS. Betty M. Watts. (Journal of Home Economics, vol. 31, No. 10, December 1939, pp. 673-679.) Discusses the problem of flavor in food and how flavor may be destroyed by the atmosphere of the kitchen or bakery. It says that one of the causes of loss of characteristic flavor brought about in the rooms where much baking is done is because of the conflicting aromas of chocolate, vanilla, spices, fried doughnuts, and whatnot, the aromas of which are all quickly absorbed by delicately flavored baked goods. It advocates good ventilation for kitchens in order to produce the finest flavor in foods. The importance of a discriminating sense of smell in detecting spoilage in such food as fish, eggs, and other products is mentioned. In many of these, spoilage cannot be detected by chemical testing.

- Food and Nutrition FOOD PRESERVATION IN THE SOUTH. C. T. Baker. (Heating, Piping, and Air Conditioning, Vol. 11, No. 12, December 1939, pp. 775-777.) This article outlines methods employed in preserving foods in the South, and indicates the possibilities for further development in this field by the application of modern refrigeration. It also discusses canning and other forms of storage. As regards refrigeration, it discusses various types now in use.
- Food and Nutrition THE VEGETABLE COOK BOOK, from Trowel to Table. Cora Rose and Bob Brown. (J. B. Lippincott Co., New York, 1939, 279 pp.) Along with tested recipes for the preparation of a long list of vegetables, this book tells something of how and where each vegetable is produced.
- Food and Nutrition KNOW YOUR CHRISTMAS TURKEY. (Consumers' Digest, Vol. 6, No. 6, December 1939, pp. 23.) A brief item which lists the grades now being given to turkeys. It says that in some markets the turkeys are individually tagged with United States grades and in other places, though the birds are tagged, they are not tagged for the retail trade.
- Food and Nutrition TEMPTING RECIPES FOR CANNED FOODS. From the Service Kitchen, National Canners Association. (Home Economics Division, National Canners Association, Washington, D. C., 1939, 18 pp.) A little book of recipes and menus.
- Food and Nutrition LET'S SMOKE TURKEYS. (Successful Farming, Vol. 37, No. 11, November 1939, pp. 68.) A description with recipes telling how to salt, cure, and smoke turkeys.
- Food and Nutrition MOLD GROWTHS ON BAKERY PRODUCTS. A discussion of molds of the bakery, their characteristics, and proposed inhibitors. Part IV. Charles A. Glabau. (Bakers' Weekly, Vol. 104, No. 3, October 21, 1939, pp. 77-79.) This is the fourth in a series of articles on bakery problems with reference to bacteria, molds, etc. This particular one discusses mechanical agencies used in control of mold, such as scrubbing and washing equipment, air conditioning, kinds of cooling and specific radiation lamps; physico-chemical agents such as air washing and mechanical washing with germicide; and chemical inhibitors such as specific organic acid, salts or esters of such acids, specific organic and inorganic compounds.
- Food and Nutrition SUMMERTIME RECIPES FOR CANNED FOODS. From the Service Kitchen, National Canners Association. (Home Economics Division, National Canners Association, Washington, D. C., 1939, 18 pp.) A little book of recipes.

Food and Nutrition EASY RECIPES USING CANNED FOODS. From the Kitchen, National Canners' Association. (Home Economics Division, National Canners' Association, Washington, D.C., pp. 18.) A little book of recipes.

Food and Nutrition HARMFUL FOODS. Emmet F. Pearson. TRANSMISSION OF ANIMAL DISEASES TO MAN. Loren E. Orr. Department of Household Science, Springfield, Ill., 1939, pp. 1-15.) In this bulletin, toxic substances which occur naturally in foods, foods contaminated by foreign chemical poisons (including heavy metal poisons, and food preservatives); foods contaminated by harmful bacteria, molds, or parasites, foods which excite allergic reactions, and too much food are discussed. The second part of the bulleting discusses the transmission of animal diseases to man.

Food and Nutrition SPECIAL PURPOSE CANNED FOODS. (Hygeia, Vol. 17, No. 10, October 1939, pp. 921-22.) Discusses planning a diet that will enable a person to burn accumulated fat and at the same time be protected from the dangers of protein, vitamin, and mineral deficiency. Advocates the reading of labels which helps in the selection of canned foods. For instance, water-packed pears should contain no sugar. It gives a list of water-packed foods prepared by different companies.

Food and Nutrition INTRODUCTION TO EXPERIMENTAL COOKERY. Edith H. Nason. (McGraw-Hill Book Co., Inc., New York, 1939, pp. ix 317.) A textbook designed for a course in experimental cookery problems. The contents take up the questions of acidity, flavor, fundamental concepts of colloids, jellies, foams, emulsions, new concepts of proteins, eggs and egg cookery, flours, fruits, and vegetables, and meat cookery. Chapter 4 discusses scoring foods.

Food and Nutrition THE VITAMIN C (ASCORBIC ACID) CONTENT OF TEN VARIETIES OF WATERMELONS. R. E. Clegg and G. Howard Satterfield. (Journal of the American Dietetic Association, Vol. 16, No. 1, January 1940, pp. 39-42.) A report on recent work on vitamin C in watermelons. The results show that the vitamin C content of the heart of watermelons varies from 5.04 to 13.70 mg. percent. No relationship exists between the size and shape of the watermelons and the vitamin C content. All varieties contain approximately the same quantity of vitamin C immediately beneath the rind. The preserved and the pickled rind contains little vitamin C.

Food and Nutrition DIET ERRORS. Harry Snyder. (Food Facts, Vol. 9, No. 1, January 1940, pp. 4.) The author of this paragraph says that the majority of people live on a wholesome, well-regulated diet; that when an excess of food is consumed, rotundity of form follows. He then explains that it is quantity of the intake of all foods rather than the consumption of any one food that produces fat.

Food and Nutrition QUANTITY COOKERY. Nola Treat and Lenore Richards. (Little, Brown and Co., Boston, 1939, pp. 343.) A completely revised edition of the book published in 1922. It contains, as the title indicates, recipes in quantities large enough for serving 50 to 60 portions.

Food and Nutrition FOOD NEEDS IN GROWTH. Margaret S. Chaney. Presented at the Nutrition Conference, New York State College of Home Economics, Ithaca, N. Y., July 17-22, 1939. (Journal of Home Economics, Vol. 32, No. 1, January 1940, pp. 4-10.) The author stresses the importance of diet of the expectant mother in providing for the growth of her child. It lists certain elements needed during pregnancy, with the amount required per day, according to Strauss.

Vitamin A	5000 I.U.	Vitamin D	800 I.U.
Thiamin	2 mg.	Calcium	2.5 gm.
Riboflavin	4 mg.	Iron	30 mg.
Nicotinic acid	100 mg.	Protein	130 gm.
Ascorbic acid	100 mg.		

It then discusses needs for these elements and others as the child grows to adulthood.

Food and Nutrition A STUDY OF FOOD PURCHASING HABITS OF INDIGENT AND NEAR INDIGENT FAMILIES. Sophia S. Halsted. (Journal of the American Dietetic Association, Vol. 16, No. 1, January 1940, pp. 12-15.) The conclusion reached is that the subclinical signs of vitamin deficiencies include constipation, anorexia, diarrhea, dermatoses, and vague pains and discomforts, and recommends that the purchasing habits of persons having such complaints should be studied in determining the extent of malnutrition.

Food and Nutrition RECENT VITAMIN RESEARCH: II. VITAMINS C, B COMPLEX and the less well-known vitamin factors. J. Ernestine Becker. (Journal of the American Dietetic Association, Vol. 16, No. 1, January 1940, pp. 16-33.) A report of recent work done on vitamin C, B complex and some of the less well-known vitamin factors. A table is given of some of these factors, explaining the name and ascribed function of the factor.

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FREEZING MAKES BEEF TENDERER. Below zero temperatures most effective. O. G. Hankins and R. L. Hiner. (Food Industries, Vol. 12, No. 1, January 1940, pp. 49-51.)

A report of studies presented in a paper at a meeting of the American Society for Animal Production. From these experiments it was concluded that freezing steaks at 20, -10, and -40 degrees F. would materially increase the tenderness over that of unfrozen steaks, and that -10 and -40 degree temperatures had significantly more tendering effect than 20 degrees. However, there was no real difference between the effect of the two lowest temperatures.

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TENTATIVE UNITED STATES STANDARDS FOR GRADES OF DRIED PRUNES. Effective September 11, 1939. (Food Industries, Vol. 12, No. 1, January 1940, pp. 55-58.) This outline of specifications for various grades of dried prunes gives a definition of prunes as "whole ripe plums from which the greater portion of moisture has been evaporated." The fruit is commonly processed with boiling water or steam before being packed. The finished product contains in the fleshy part not more than 24 percent moisture by weight. Two color plates show the extreme variation in color of the prune from a goldenrod yellow to a mirador brown.

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HOW TO USE DEXTROSE IN CANNING. Factors that control the substitution of dextrose for part of the sucrose used in canned fruits and vegetables determined by experiment. E. W. Eickelberg. (Food Industries, Vol. 12, No. 1, January 1940, pp. 33-35.) A discussion of the use of dextrose in commercial canning which has been permitted since December 26, 1930, without any specific mention of whether dextrose or sucrose was used. In this report the amount of dextrose that can be used with certain products without darkening is discussed, and the reasons are given for the discoloration of the dextrose. It was found that time and temperature of processing are not necessarily the causative agents of darkening of dextrose solution, but may serve to increase the effect of other factors present. Metals have little effect upon discoloration of this solution. There is need of study of the influence of amino acids in the discoloration of dextrose. The higher the concentration of dextrose, the greater the possibility of discoloration. Acidity as measured by pH has a most important influence in effecting the caramelization. Dextrose in such products as canned peas, corn, and condensed milk darkens very readily, and therefore, should not be used. In tomatoes all the sweetening material may be dextrose without any difficulty from discoloration.

Food and Nutrition SCIENCE AND NUTRITION. A. L. Bacharach. (Watts & Co., London, pp. xiv 154.) An English book in which is explained the need for major food constituents and which discusses carbohydrates, fat, and protein chemistry along with the major mineral elements, hormones, vitamins, and traces substances needed by the human being.

Food and Nutrition MANUAL OF DIETS. Kate Daum. (William's Surgical Supply Co., Iowa City, Iowa, 1939, pp. 72.) This Manual, prepared by a dietitian, gives instructions for planning liquid diets, soft diets, diets with cooked residue, sieved residue, a diet for increasing residue, a low residue diet, and diets containing various kinds and quantities of carbohydrates, proteins, fats, and minerals as indicated by the physician. The manual is intended to aid those who have to prepare such diets.

Food and Nutrition WHAT TO EAT AND WHY. (John Hancock Mutual Life Insurance Co., Boston, 1939, pp. 24.) This little Cooklet gives in a popular way some simple outlines for furnishing a suitable diet for all members of the family.

Food and Nutrition PRESERVING THE DIETETIC VALUE OF FROZEN FOODS. E. M. Chace. (Journal of the American Dietetic Association, vol. 16, No. 1, January 1940, pp. 34-38.) This article deals largely with the report of the output and stock on hand of frozen foods. It says that the output in 1938 for frozen peas was estimated at close to 84,500,000 pounds. It describes the process usually followed in handling vegetables to be frozen, and discusses methods which result in the least loss of significant factors. It closes by saying that at the present time there is a year's supply of frozen vegetables in storage, according to some of the trade publications. The opinion is expressed that this large surplus is due in part to the fact that some poor-quality vegetables have been packed by someone and the packing and other production and distribution operations carried on without regard to well-known and well-founded practices.

Food and Nutrition THE WORKING GIRL MUST EAT. Hazel Young. (Little, Brown & Co., Boston, 1938, pp. vi 208.) A cooking manual for the business woman who cooks for herself or family while doing a day's work outside the home. The book is set up in such a way that a menu is given, then a plan of work, recipes, and instructions for preparations to be made at one meal for the next. There are in all 100 menu suggestions.

- Food and Nutrition HEAT AND THE NUTRITIVE VALUE OF PROTEINS. (The Journal of the American Medical Association, vol. 114, No. 1, January 6, 1940, pp. 42.) This article discusses the fact that, though many foods are lessened in nutritive value by cooking, because of the destruction of vitamins or the loss of minerals in broths and cooking water, some other goods have their biologic values improved. Among these are beans.
- Food and Nutrition VITAMIN K. E. A. Doisy, S. B. Binkley, S. A. Thayer, and R. W. McKee. (Science, vol. 91, No. 2351, January 19, 1940, pp. 58-62.) Discusses the history of research on vitamin K and its sources, methods of extraction, purification, and structure. So far, not enough work has been done on the therapeutic applications to permit a general statement, but a promising start has been made.
- Food and Nutrition EXPERIMENTAL FOOD STUDY. Agnes Fay Morgan and Irene Sanborn Hall. (Farrar & Rinehart, Inc., New York, 1938, pp. xvii 414.) A laboratory textbook prepared for use in the beginning course on foods in university department. It is highly technical.
- Food and Nutrition THE FOODS OF PUERTO RICO. Viola T. Glenn. (Journal of the American Dietetic Association, vol. 16, No. 2, February 1940, pp. 145-148.) Describes tropical fruit grown in Puerto Rico, such as the plantain, the chayote, the banana, calabaza, yucca, and dasheen. It also tells how these foods are used.
- Food and Nutrition VITAMIN P. (The Journal of the American Medical Association, vol. 114, No. 1, January 6, 1940, pp. 43.) Discussion of vitamin P which says that there probably is some physiologic relationship of vitamin P to the anti-hemorrhagic factor vitamin K. Further work is needed on this vitamin.
- Food and Nutrition AN INTRODUCTION TO TROPICAL FOODS. Warren T. Vaughan. (Journal of the American Dietetic Association, vol. 16, No. 2, February 1940, pp. 110-116.) The author, who is interested in allergy, discusses many new tropical foods which might help in planning diets for the allergic person, and suitable for the variation of the diet of other people. A table gives information concerning these foods, such as the sapodillaplum, pineapple, breadfruit, papaya, starapple, dasheen, yam, marmalade fruit, mango, tapioca, banana, avocado, guava, and chayote.

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FLAVOR CONTROL IN BAKERY MERCHANDISE. J. A. Dunn.
(American Society of Bakery Engineers, Bul. No. 122,
January 1940, pp. 6.) This was presented on behalf of
the American Society of Bakery Engineers at the Second
Food Technology Conference, June 28-July 1, 1939. The author says that much
progress has been made during the last 10 years in developing cakes and
baked goods of improved quality, that home baking is being slowly replaced
by commercially baked products. At present, less than half the cakes and
sweet goods consumed in this country are commercially baked, although the
major part of the bread baking is in the hands of the commercial bread baker.
Much space is given to telling how to detect and eliminate bakery odors and
tastes. Some of these can be applied in the home kitchen, one of which is
to keep the turnover of raw materials, bakery products, and wrapping materi-
als at a maximum rate. Cans and metal equipment should be washed frequently,
for metal absorbs odors, and later give them up to baked goods. It also says
that grease that may be deposited on walls also retains odors which may
affect the palatability of foodstuffs prepared or stored in such a room.

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THE RIBOFLAVIN AND VITAMIN B CONTENT OF PINTO BEANS AND
THE EFFECT OF COOKING ON THESE FACTORS. Edith M. Lantz.
(Journal of Home Economics, vol. 32, No. 2, February
1940, pp. 107-112.) A study of the riboflavin and vita-
min B content of pinto beans made at the New Mexico College of Agriculture
and Mechanic Arts. The conclusions reached from this study are that cooked
beans contain about eight micrograms of riboflavin per gram, and that the
availability of this is influenced by the method of cooking. The amount of
vitamin lost in discarding "soak" water was negligible. The vitamin B con-
tent of the raw beans could not be utilized, but the cooked beans were very
effective in preventing dermatitis in rats. It appears that cooked wheat,
corn, soybeans, and hogari proved to be better sources of riboflavin than the
raw grains in a limited number of experiments. This may mean that seeds in
general may be better sources of the factors of the vitamin B complex than
has been realized.

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DIETETICS FOR THE CLINICIAN. Milton A. Bridges. (Lea &
Febiger, Philadelphia, 1937, pp. 1055.) The third re-
vised edition of this textbook on dietetics. It explains
the mechanics of digestion, physiology and chemistry of
digestion, vitamin factors in diet, classification and structure of foods,
distribution of food substances in food materials, the practical evaluation
of foods, food adjuncts, and case instructions to the dietitian in the
management of diseases of adults. The last part of the book is given over
to infant feeding and the dietetic management of diseases of children.

HOME ECONOMICS EDUCATION IN THE UNITED STATES. Benjamin R. Andrews. (School and Society, Vol. 50, No. 1305, December 30, 1939, pp. 841-847.) A paper presented before the World Federation of Education Associations in 1939 that outlines the extent of the work in this country and discusses various sides, telling what is being done in each grade from the sixth grade up through college work. It says that professional training in home economics still remains the chief function of the home economics courses in colleges and universities. Some positions for which it prepares girls are outlined. Considerable space is given to a report on home economics extension work with adults and 4-H Clubs. It says that one of the most important results of home demonstration work is the development of capable leadership among rural women.

THE INTELLECTUAL GROWTH OF COLLEGE STUDENTS. Charles D. Florey. (Journal of Educational Research. Vol. 33, No. 6, February 1940, pp. 443-451.) A report of a study of the intellectual growth of 74 Lawrence College students. Conclusions reached were that there is a real improvement in intellectual ability during college years. There appears to be no relationship between the amount of intellectual gain and the field in which the student majors. At least one-third of the students changed their intellectual status significantly. This is a challenge to the college to make certain that each student is stimulated to the maximum of his potentialities. The large gains made by a few students suggest that at least some who are admitted to college are a long way from intellectual maturity and, therefore, need careful guidance which will result in the maximum development.

DILEMMA OF LEADERSHIP. L. K. Frank. (Psychiatry, 1939, M. H. Erickson, Eloise Hospital. Abstracted in Psychological Abstracts. Vol. 14, No. 1, January 1940, pp. 39.) This abstract says that the need for leadership in any field arises from the fixed, rigid, and unchangeable patterns of thought and performance of those who, by position of seniority, control affairs. The task of leadership becomes one of forcing an acceptance of something which is desired but cannot be taken willingly. There is therefore a consequent transformation of the need for leadership into a need for the expression of aggression and hostility of both the leader and his followers. The creative leader serves primarily to establish a new order. There is inability to recognize creative leaders when they appear and a failure to accept their contribution until some later time.

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LEAGUE OF NATIONS. EUROPEAN CONFERENCE ON RURAL LIFE. General Technical Documentation. Rural Dietaries in Europe, report on bread. Report prepared under the auspices of the Health Committee. (Publications Department of the League of Nations, Geneva, 1939, pp. 84.) Contents of this paper include: Deficiency diseases, Methods of improving rural dietaries, Studies of rural dietary which are being made but are not yet available, and countries in which dietary surveys have been made. The latter part of the publication is given over to the report on bread.

The introduction says that the chief characteristic of rural dietaries in most European countries is monotony, since the average peasant household uses only a small variety of foodstuffs. Cereals, being the cheapest, form the basis of most dietaries. In Yugoslavia, the peasants who produce large quantities of milk, butter, and eggs, sell these products to the towns and go short of animal foodstuffs themselves. It is usually economic necessity rather than ignorance that prevents the peasant from consuming a large amount of the meat, eggs, and milk which he produces.

The general summary says that one special advantage of rural diet over an urban one is that the rural people usually eat their food in a fresh and natural state. Regarding deficiency diseases, it is stated that rickets is widespread among children in all Europe, not only due to a shortage of vitamin B, but also to a shortage of calcium and fats in the diets.

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NUTRITION FORUM AT CORNELL WILL PRESENT EXPERTS.

Kathleen H. Small. (Agricultural Leaders' Digest, Vol. 21, No. 2, February 1940, pp. 28.) A report of the Food and Life Nutrition Forum held at Cornell University in February 1940. Topics on the program are: Protein and calorie needs, Mineral metabolism, Vitamin metabolism, Adult nutrition and longevity, and Child nutrition and family feeding. The belief of those taking part is that greater vigor, a longer life, a larger stature, and a higher level of cultural attainment result from sound nutritional habits.

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THE ELIMINATION DIETS IN THE DIAGNOSIS AND TREATMENT OF FOOD ALLERGY. Albert H. Rowe. (Journal of the American Dietetic Association, Vol. 16, No. 3, March 1940, pp. 193-198.)

This article says that food allergy is definitely lessened in many patients during summer months, yet it is increased in degree from September to April. Food allergy is benefited by inland and dry areas, which fact explains why certain patients can take food in the interior of California and not on the coast.

Food and Nutrition THE BANANA AS A FOOD FOR THE AGED. Mary S. Rose and Emma W. Gardner. (Journal of the American Dietetic Association. Vol. 16, No. 3, March 1940, pp. 208-214.) This article says that in 1900 there were only 13 persons over 60 years of age per 100 persons; in 1935 the ratio became 17 to 100, and indications are that it will be 34 to 100 by 1975.

Experimental work, including that of Sherman, has shown that a diet considered adequate in the sense that it would induce good growth and maintain the adult through a reasonably long life could be improved by enrichment in certain vitamins and minerals. When protective foods are given an important place in the diet, the incidence of degenerative diseases is decreased along with the postponement of the signs of actual senility.

Diets for the old should be more like those for the young in the content of protective foods than has formerly been thought necessary. A diet richer in vitamins and minerals makes it possible to eat with comfort and profit a wider range of foods. Many milder digestive disorders are eliminated by a liberal intake of vitamin B₁. The characteristics of youth are better retained with plentiful supplies of vitamins A, G, and C.

Food and Nutrition FACTORS IN BUYING BEEF, George L. Wenzel and Sam Mallick. (The American Restaurant Magazine. Vol. 24, No. 2, February 1940, pp. 33-37, and 85-86, illus.) An article that presents the restaurant buyer's point of view regarding the selection and purchase of cuts of beef. Illustrated with diagrams, it tells how to judge a carcass of beef, the relation between live and dressed beef, the percentage of high-class meat to total carcass, how grades are determined, and how to make specifications for restaurant needs. Many factors discussed are applicable to the household as well as to the restaurant.

Food and Nutrition SALAD DRESSING, MAYONNAISE, AND RELATED PRODUCTS INDUSTRY. W. C. Truppner. (Bureau of Foreign and Domestic Commerce, U. S. Department of Commerce, Washington, D. C., 1938, pp. III + 11, processed.) This booklet contains a report presenting results of a survey of the salad dressing, mayonnaise, and related products industry, conducted by the Bureau of Foreign and Domestic Commerce. Significant facts found in this survey show that salad dressing has to the present time continued to be the most popular. There has also been an increase in the popularity of French dressing. Sandwich spreads have failed to keep pace with the total industrial growth. Consumers expressed a preference for the half-pint container; 40 percent of the total number used in 1937 were of this size.

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sources.

THE A, B, C'S OF VITAMINS. Jean Robinson. (The Southern Planter, Vol. 101, No. 2, February 1940, pp. 33.) Discusses each of the vitamins A, B, C, D, and G, gives brief opinions as to their uses, and mentions their

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VITAMINS IN THE HUMAN DIET. George A. Garnatz. (The Northwestern Miller and American Baker, Vol. 17, No. 3, March 6, 1930, pp. 26, 27, 31.) A discussion of vitamins in the diet in general and in flour in particular. It says that education can contribute toward improving the dietary by emphasizing the importance of vitamins as supplementary foods as well as the desirability of variety in the diet, by classifying common foods according to their value as sources of vitamins, and stressing the need for proper methods of food preparation in the home to conserve the vitamins, particularly in connection with water-soluble vitamins. Probably the easiest way to solve the whole problem, the author says, would be to supply a mineralized and vitaminized protective food capsule, and dismiss the subject by saying, "Take this, and then eat what you will." Other methods of overcoming vitamin deficiencies are described such as processing of foods to retain the natural vitamins.

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THE FANCIFUL AND FACTUAL IN FOOD. Editorial. Margery Vaughn, New York State Department of Health, presented at the Nutrition Conference, New York State College of Home Economics, Ithaca, July 17-22, 1939. (Abstracted in the Journal of the American Dietetic Association. Vol. 16, No. 3, March 1940, pp. 236-239.) Discusses food facts and common fallacies. One of the most important fallacies concerns "eat more" slogans, "which attempt to persuade the public that the special food advocated has some specific attribute which makes it indispensable and justifies crowding other foods out of the diet." The vitamin fad is mentioned among others. A few people will consent to a diet provided it has the distinction of being sufficiently peculiar, like the potato, or the pineapple and lamb-chop diet. "But such one-sided diets are to be distinctly discouraged, since they do not meet dietary adequacy. The ideal diet for man is not yet known. No one food is a perfect food, but wise eating consists of selecting foods from as wide a variety as possible and not eating too much."

Food and Nutrition PERFORMANCE DATA DETERMINED FOR NEW FOOD FREEZING PLANT. William J. Finnegan. (Food Industries. Vol. 12, No. 3, March 1940, pp. 48-49.) Part 2 of a series of articles on quick freezing which is part of a series on processing of fruits, vegetables, meat, fish, and poultry.

Food and Nutrition HOW ONE SUGAR COMPARES WITH ANOTHER. A study of the relative values of the different commercial carbohydrates. Stroud Jordan. (Food Industries. Vol. 12, No. 3, March 1940, pp. 45-47.) This article compares properties of types of sugar used as ingredients in processed foods, discusses edible dextrines, dextrose, maltose, sucrose, and corn syrup, and shows comparative weights and caloric equivalents and other characteristics.

Food and Nutrition MINERALS IN THE BODY. Condensed from a section of Food and Life. Henry C. Sherman, Mabel A. Dickson, Margaret Cammack Smith, and Esther P. Daniel. (Science Digest. Vol. 7, No. 3, March 1940, pp. 43-48.) This article deals only with reports about minerals as affecting the human body. It is condensed from the Yearbook of the United States Department of Agriculture for 1939, sold by the Superintendent of Documents, Washington, D. C., for \$1.50.

Food and Nutrition OUR CHANGING FOOD HABITS. (Science Digest. Vol. 7, No. 3, March 1940, pp. 14.) A brief item mentions the fact that 50 years ago 3 pounds of buckwheat per capita were used in pancakes; now only 1/3 of a pound is used. Forty years ago 31,000 boxes of grapefruit were packed; 4 years ago 20,000,000 boxes were packed. Two years ago the country spent more than \$100,000,000 for packaged breakfast cereals. These cereals, no doubt, replaced the earlier flapjack and hominy. Since 1931 the production of processed pork has decreased 200,000,000 pounds and production of sausage meat has increased 400,000,000 pounds. The production of eggs has declined nearly 20 percent.

Food and Nutrition MEAT HYGIENE. A textbook. Richard Edelman. Seventh rev. ed. by John R. Mohler and Adolph Eichhorn. (Lea & Febiger, Philadelphia, 1939, pp. 463, illus.) Designed as a handbook or text on meat inspection. Some of the chapters are: Origin and source of meat food; Morphology and chemistry of the principal tissues and organs of food animals; The production, preparation, and conservation of meat; Regulations governing the meat inspection of the United States Department of Agriculture; Food poisoning; Preparation and control of meat-food products; Chemical analysis of meat-food products.

1. The first part of the report is a general
description of the project and its objectives.
2. The second part is a detailed description of the
methodology used in the study.

3. The third part is a description of the results
of the study, including a discussion of the
limitations of the study and the conclusions
drawn from the data.

4. The fourth part is a description of the
conclusions of the study and the implications
for future research.

5. The fifth part is a description of the
conclusions of the study and the implications
for future research.

6. The sixth part is a description of the
conclusions of the study and the implications
for future research.

Food and Nutrition HAM LIKE MOTHER CURED. W. L. Nelson. (Country Gentleman. Vol. 110, No. 2, February 1940, pp. 61.) This article tells how to cure ham and shoulders and smoke them. It also tells how to make gelatine from pigs' feet.

Food and Nutrition HOME BUTCHERING AND MEAT CURING. Patty Shannon. (Kentucky Farmer's Home Journal. Vol. 76, No. 2, February 1940, pp. 6, 27 and 31.) The author discusses the kind of hogs to kill, preparations to make before butchering day, the killing of the hogs, scalding and scraping, prompt chilling, ingredients used in curing, and curing methods. Some recipes are included.

Food and Nutrition THE CARE AND HANDLING OF MILK. Harold E. Ross. (Orange Judd Publishing Co., Inc., New York City, 1939, pp. xv 417.) This book covers such subjects as size and importance of the dairy industry, the chemical and physical properties of milk, chemical and bacteriological examination of market milk, the food value of milk and its use as food, grades of milk, production of clean milk and methods of caring for the milk, the dairy building, and other features of milk production.

Food and Nutrition HOW TO MAKE DILL PICKLES. Practices based on a lifetime of experience in the business of making pickles. W. G. Wormley. (Food Industries. Vol. 12, No. 3, March 1940, pp. 50-52.) This article tells how dill pickles are made on a commercial scale. Two formulas are given. One of the things it says is that sterile spices add to the prevention of decay. The author also urges that cold storage be used for keeping dill pickles and that this storage begin immediately after the curing period, that is, as soon as the fermentation dies down.

Food and Nutrition ACCEPTED FOODS AND THEIR NUTRITIONAL SIGNIFICANCE. Council on Foods of the American Medical Association, Chicago, 1939, pp. xx 492.) This book describes products which have been accepted by the Council on Foods of the American Medical Association up to September 1, 1939; the purpose of this work of approving food; certain policies of the Council regarding fabricated foods. It discusses vitamins and vitamin units, and general problems relating to food advertisement. Includes sections on canned and dried fruits and fruit products; grain products; preparations used in the feeding of infants; meat, fish and sea foods; milk and milk products; and unclassified and miscellaneous foods.

Food and Nutrition THE POSSIBLE IDENTITY OF VITAMIN H WITH BIOTIN AND COENZYME R. Paul Gyorgy. (Science. Vol. 91, No. 2358, March 8, 1940, pp. 243-245.) A discussion of the curative factor for egg-white injury, known as vitamin H. This article points out the similarity to biotin, a yeast-growth factor, and for coenzyme R, a growth and respiration factor for many strains of the legume nodule organism Rhizobium. Near its close the article says that if it be substantiated that vitamin H is identical with biotin and coenzyme R, it will show that the two latter substances are significant in the vital economy of the mammal. It is likely that vitamin H acts in other ways than simply to protect from egg-white injury. It seems to function in intermediate carbohydrate metabolism as do various members of the so-called vitamin B complex to which these three factors belong. There is a possible relationship to it of the gray-hair factor or other unisolated factors.

Food and Nutrition THE RELATION OF HUMAN NUTRITION TO THE SOCIAL AND ECONOMIC CONDITION OF THE SOUTH. Jet C. Winters. (Journal of the American Dietetic Association, Vol. 16, No. 3, March 1940, pp. 215-221.) This article, in discussing nutritional needs in the South and the effect of social and economic conditions, says, "Since the protective foods are necessary for the production of these, it would seem that an increase rather than a decrease in the amount of cereal produced would be involved." It points out other ways of improving the variety and quality of foods in the diet of the inhabitants of the South, particularly, in the areas where pellegra is common, also among Mexican families on the Texas border where there is great deficiency in the diet.

Food and Nutrition INVESTIGATION OF THE VITAMIN C CONTENT OF FLORIDA FRUITS AND VEGETABLES. R. B. French and O. D. Abbot. (The Journal of Nutrition. Vol. 19, No. 3, March 11, 1940, pp. 223-232.) A study of a variation of vitamin C content in citrus and other Florida fruits and vegetables. Citrus trees tend to produce fruit in which the vitamin C content varies only within narrow limits. Slight changes also occur during maturation of the fruit. There is greater variation among samples from different trees. The vitamin C concentration of oranges and grapefruit may increase during the first few weeks of cold storage, but after that the concentration of vitamin C decreases slowly.

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EDIBLE WILD PLANTS. Oliver P. Medsger. (Science. Vol. 91, No. 2363, April 12, 1940, pp. 361.) A brief review of a book by the above name, published by the MacMillan Co., New York, 1939. It says that the book lists on 90 pages wild fruits which can be eaten either raw or cooked. There is also a discussion of edible nuts and Rocky Mountain nut pine, also edible seeds and seed pods. Another section is devoted to edible roots and tubers and still another to beverages and flavoring plants and sugars and gums.

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NUTRITION. Margaret S. Chaney, and Margaret Ahlborn. (Houghton Mifflin Co., New York, 1939, pp. xxv 436.) The authors say in the preface that this text is intended to be used by college, university, or normal school students in home economics classes. The material is treated from a more scientific standpoint than is necessary for purely personal use. The main chapter headings are: The relation of nutrition to health, Food the source of energy, The energy balance, Basal metabolism, The body's need for calcium and phosphorus, The body's need for iron, Iodine one of the regulators of energy metabolism, Vitamin A and Vitamin D, The vitamin B complex and vitamin C, Body regulations, The hygiene of the digestive tract, Nutrition during the reproductive period, Optimal nutrition for the first year of life, Optimal nutrition during childhood, The selection of an adequate dietary.

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THE SIGNIFICANCE OF THE "TRACE ELEMENTS" IN NUTRITION. E. J. Underwood. (Nutrition Abstracts and Reviews. Vol. 9, No. 3, January 1940, pp. 515-534.) This article, which says in the introduction that there are now no less than 13 mineral elements known to be essential for animal life, discusses each of them at considerable length, giving their use and sources as discovered to date for livestock as well as animals. The elements listed are: Copper, cobalt, nickel, manganese, zinc, arsenic, fluorine, bromine, aluminum, silicon. It says, in closing, that the part played by the so-called trace elements in the physiological processes is mostly obscure, but from the extremely small quantities required they can hardly be other than catalytic. It says that "evidence is accumulating that indicates they are indispensable constituents of some intracellular enzyme systems."

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JELLIES IN GENERAL. Matthew Berman. (Confectioners Journal. Vol. 66, No. 783, April 1940, pp. 14 and 16.) Deals largely with what are known as starch jelly gums. It explains the reactions of various substances, such as pectin, agar agar, and gum arabic, which are used in forming the jellies.

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A COMPARISON OF THE UTILIZATION BY COLLEGE WOMEN OF EQUIVALENT AMOUNTS OF ASCORBIC ACID (VITAMIN C) IN RED RASPBERRIES AND IN CRYSTALLINE FORM. E. N. Todhunter and Alva S. Fatzer. (The Journal of Nutrition. Vol. 19, No. 2, February 10, 1940, pp. 121-130.) The object of this investigation was to determine whether there was any measurable difference in the utilization by college women of ascorbic acid as it occurs naturally in red raspberries and in the crystalline form. The results showed that there was no difference.

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Nutrition

A NEW DAY IN FAT FRYING. W. E. Broeg. (Food Industries. Vol. 12, No. 4, April 1940, pp. 51 - 52.) This article discusses mainly French frying and deep frying versus shallow fat frying. By this latter is meant sufficient fat to cover the food but not much more than that. It takes actual frying temperatures and mentions how futile are the instructions to wait until the pan of fat is smoking hot, since the temperatures at which the different types of fat smoke are so varied. It reports a survey which showed that some cooks thought that potato chips should be fried at 395° F., while others considered a temperature of 300 to 330° F. sufficient. The recommended temperature for frying clams, oysters, and scallops also varied widely. It says that in writing a recipe giving the temperature for frying, consideration should be given to the fact that when food is put into the fat, its temperature is reduced. Large quantities, of course, lower the temperature far more than do small quantities. It also discusses equipment for frying, and specifies a frying pan with large bottom area that will allow only a sufficient depth of fat to cover the food so that there can be enough of input B.t.u. to hold the temperature comparably constant during the frying process.

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SCIENTISTS APPROVE OF VITAMIN FORTIFICATION. Philip H. Van Itallie. (The Northwestern Miller and American Baker. Vol. 17, No. 4, April 3, 1940, pp. 14-17.) In discussing the fortification of foods with vitamins the author says that Lydia J. Roberts pointed out at the American Institute of Nutrition that "a properly safeguarded program of fortification of food products with vitamin and mineral in which the American diet is deficient would be of decided benefit." It says, however, that regulations governing the labeling for vitamin products authorized under section 403 (j) of the new Federal Food, Drug, and Cosmetic Law have not been prepared covering the matter of the addition of vitamins to food and, as a consequence, manufacturers have been slow to add vitamins to their products.

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THE USE OF HIGH CONVERSION CORN SYRUP IN MAKING JELLIES, JAMS, AND FRUIT BUTTERS. Donald K. Tressler. (The Fruit Products Journal and American Vinegar Industry, Vol. 19, No. 8, April 1940, pp. 228-229, and 251.) The author discusses the use of corn sirup in making jellies, jams, and fruit butters. He explains the percentages of fruit and sirup in various commercial types of these products. The author is of the opinion that the use of less sweet sugar would increase the consumption of these fruit products.

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THE DIETARY VALUE OF FRUITS AND FRUIT PRODUCTS. W. V. Cruess. (The Fruit Products Journal and American Vinegar Industry, Vol. 19, No. 8, April 1940, pp. 230-233, 245, 247, 251.) The article defends the dietary value of fruits and fruit products in maintaining the acid base balance, promoting blood regeneration, and in supplying vitamins C, A, B, and G. It also discusses the public-health aspects of dried and canned fruits.

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STARCH IN RELATION TO SOME BAKING PROPERTIES OF FLOUR. R. M. Sandstedt, C. E. Jolitz, and M. J. Blish. (Cereal Chemistry, Vol. 16, No. 6, November 1939, pp. 780-792.) A report of a study to determine the effect of the starch on the baking properties of flour. The conclusions reached are that the percentage of starch as well as of gluten is important in the making of a satisfactory loaf of bread. It says the improving effect of malt on many flour doughs is due not to its proteolytic action but to the action of alpha-amylase on the starch.

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STANDARDIZATION OF THE SCORING OF TEST CAKES. Olof E. Stamberg. (Cereal Chemistry, Vol. 16, No. 6, November 1939, pp. 764-780.) The scoring of cakes baked in laboratories is discussed in this article. A definite quantity of batter is used for each cake. The judging points include those applied to the external appearance of the cake: Symmetry, 10 points; volume, 15 points; and crust, 5 points. Points given to the internal characteristics are: Under texture, tenderness, 15 points; silkiness, 15 points; grain is given 25 points, and color, 15 points. One color plate illustrates grain standards and another, standards for scoring of symmetry or shape of the test cakes.

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ADEQUATE MEALS FOR THE FAMILY. G. Dorothy Williams and Linnea C. Dennett. (Forecast for Home Economists, Vol. 56, No. 1, January 1940, pp. 19-21, 42, 44.) This article discusses the planning of adequate meals and gives tables of calories, proteins, minerals, vitamins, etc., essential to a well-rounded diet. It also presents menus and illustrates a few of them showing the various food values in them.

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HOW TO PREVENT THE BROWNING OF PEACHES IN THE FREEZING INDUSTRY. J. G. Woodroof. (Food Industries. Vol. 12, No. 5, May 1940, pp. 35-37.) Another article discussing the satisfactory keeping of frozen foods. This one deals with problems of preventing browning of peaches. It lists materials which have been reported as preventing browning of sliced apples and other fruits: glutathione or cysteine salts¹; 0.10 percent thiourea or 20 percent pineapple juice; 5 percent sodium chloride; 30 percent or higher sugar sirup; or acids such as 1 percent sulphurous, 0.1 percent hydrochloric, or 2 percent citric; and heat to 180 deg. F. or higher. It says that there is a question as to the advisability of the use of the first three materials. It also says that the most satisfactory means used in preventing browning of peaches has been that of dipping them in a solution of 2 percent citric acid.

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VITAMINS--THEIR SOURCES AND VALUES. C. A. Elvehjem. (The Northwestern Miller and American Baker. Vol. 17, No. 5, May 1, 1940, pp. 18-21, 70 and 74.) A discussion of the value of vitamins A, B, E, K, C, B₁, and several others including factor W. The author says in closing that there is no fundamental objection to the addition of synthetic vitamins to food materials. He sees no difference between the addition of salt and iodine and the addition of thiamin. However, this does not mean that we are ready for the wholesale fortification of food. Much study is still needed on this subject.

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THE EFFECT OF QUICK FREEZING ON THE NUTRITIVE VALUES OF FOODS. Mary Swartz Rose. (The Journal of the American Association. Vol. 114, No. 14, April 6, 1940, pp. 1356-1361.) A review of literature and studies on the effect of quick freezing on the nutritive value of food. It discusses types of processes used in freezing, special problems in the selection and preparation of foods for quick freezing, bacteriologic research in this field, the effect of quick freezing on cooking time, the nutritive value of quick-frozen foods, and the effect of freezing on the vitamin A, B₁, G, C, and D values in food. In the summary the author says that vitamin A values in food are conserved by storage at a low temperature, out of contact with light, in a practically impervious package. Vitamin B₁ (thiamin) is not affected by freezing as such but considerable loss may occur in the blanching of the vegetables. There is little or no loss of vitamin G (riboflavin) in those vegetables which have been investigated. Vitamin C (ascorbic acid) in fruits appears to be conserved, except in blueberries. Defrosting and refreezing almost completely destroy the small amount of ascorbic acid which is present.

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THE CANNED FOODS COOK BOOK. Virginia Porter and Esther Latzke. (Doubleday, Doran & Co., Inc., New York, 1939, pp. x 343.) This book states the advantages of using canned foods and their nutritive value, how to buy and store canned food, and gives recipes.

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THE PRODUCTION OF A MECHANICALLY DAMAGED STARCH IN MILLING AS A GOVERNING FACTOR IN THE DIASTATIC ACTIVITY OF FLOUR. C. R. Jones. (Cereal Chemistry. Vol. 17, No. 2, March 1940, pp. 133-169.) This article is the result of a study on how mechanical damage to starch grains in milling governs the diastatic activity of flour. The conclusions reached were that differences in diastatic activity between flours from different types of wheat are not necessarily due to differences in amylase content or in starch "susceptibility." They may be at least partly attributable to differences in the physical hardness of the endosperm as affecting the extent of the damage to the starch during milling.

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RECENT INVESTIGATIONS OF GOAT'S MILK. A. K. Besley. (American Journal of Public Health. Vol. 30, No. 2, February 1940, pp. 182-185.) The summary of this article says that milk from Saanen and Toggenburg breeds of goats is not unlike that from Holstein cows in general composition and nutritive value. The average curd tension of this milk was within the upper limits of soft curd milk, and somewhat softer than that from the milk of Holstein cows. The volume of fat globules varies. The milk from the goats proved exceptionally low in bacterial numbers.

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THE IMPORTANCE OF ECONOMICAL MILK IN HUMAN NUTRITION. Marietta Eichelberger. (American Journal of Public Health. Vol. 30, No. 2, February 1930, pp. 169-174.) A report based in part on figures of the National Resources Committee on the value and extended use of milk, particularly evaporated and dried milk.

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NEWER MEDICAL METHODS OF APPRAISAL OF NUTRITIONAL STATUS. William Schmidt. (American Journal of Public Health. Vol. 30, No. 2, February 1940, pp. 165-168.) It says, for instance, that in the appraisal of vitamin C under nutrition, the latent state will escape attention completely if we rely only on clinical judgment of indices of nutrition. Both chemical and physiological tests offer the possibility of simple and direct specific appraisal of this condition.

Food and Nutrition THE SOCIAL WORKER LOOKS AT THE NUTRITION PROGRAM. Arlien Johnson. (Journal of the American Dietetic Association. Vol. 16, No. 4, April 1940, pp. 300-305.) Discusses how the nutritionist and a nutrition program fit into the relief situation and other types of social work.

Food and Nutrition JELLIES, JAMS, PRESERVES. (Consumers' Digest. Vol. 7, No. 4, April 1940, pp. 21-26.) An article adapted from a report by the Office of Food Commissioner and Chemist, State Laboratories Department, Bismarck, N. Dak., which discusses the proper labeling and the content of jellies, jams, and preserves.

Food and Nutrition WHERE THERE IS SMOKE. Mary Grosvenor Ellsworth. (House Beautiful. Vol. 82, No. 4, April 1, 1940, pp. 53, 75-77.) This article discusses types of smoked foods that have been prepared in many countries, and some new applications of smoke. Among these foods are hams as prepared, by the Spanish, Italians, and other nationalities; smoked fowl such as chicken, goose, and the like. Recipes are included.

Food and Nutrition TAKING THE GUESSWORK OUT OF PASTEURIZING. C. S. Pederson and E. A. Beavens. (Food Industries. Vol. 12, No. 4, April 1940, pp. 61-63.) In this article, which discusses temperatures for pasteurizing fruit juices, the author says that temperature in this instance is a function of time and that the pasteurization of the food depends on the two extremes of time and temperature which may be used, that is, a low temperature for a relatively long period, or a high temperature for a relatively short period, such as a minute or less. It reports experiments which show how the plate count of bacteria is affected by different temperatures in the process of pasteurization for given lengths of time.

Food and Nutrition EFFECTS OF STORAGE ON VITAMIN A CONTENT OF CANNED TOMATOES. Pearl P. Swanson, Gladys Stevenson, and P. Mabel Nelson. (Journal of Home Economics. Vol. 32, No. 4, April 1940, pp. 246-251.) Regarding the effect of storage on vitamin A content of canned tomatoes, the author says that the vitamin A is not destroyed by the canning process, but seems richer in the vitamin A content than did fresh tomatoes of the same variety. Neither is the vitamin A content impaired by long periods of storage. The experiment offers assurance to the homemaker that she can depend for a long time on canned tomatoes for the vitamin A equivalent to the value in fresh ones or those opened immediately after canning. One serving contains about 740 international units of vitamin A or approximately the amount furnished by one and one-half pats of high-grade butter.

HOW QUICK FREEZING AFFECTS KEEPING QUALITY OF MILK AND CREAM.
Food and C. L. Roadhouse and J. L. Henderson. (Food Industries.
Nutrition Vol. 12, No. 6, June 1940, pp. 54-55.) This article explains
the effect of quick freezing on the keeping quality of milk
and cream. It points out its advantages and says that the quick freezing
method of preserving milk is not regarded as a substitute for evaporated
or dried milk, as each has its place as a food commodity. Quick freezing
is for use where the storage period need not be too long, and where it is
desired to have a product more nearly approaching the fresh product than
is possible with either evaporated or dried milks. Six weeks was suggested
as the length of time for storage in which the product was considered a
satisfactory substitute for the fresh product.

HOW TO PREVENT BROWNING OF PEACHES IN THE FREEZING INDUSTRY.
Food and J. G. Woodroof. (Food Industries. Vol. 12, No. 6, June 1940,
Nutrition pp. 50-52, Part II.) This article explains the effects of
metals and salts and of heating on browning of peaches. It
also explains, based on the results of experiments, that fertilizers have
significant effects on the browning of certain varieties of peaches. There
is a difference in the tendencies of various varieties to turn brown.

MEAT PACKER PUTS FRUIT ENZYME TO WORK. Uses proteolytic
Food and enzyme in pineapple juice to improve eating qualities of
Nutrition frankfurters and pork sausages. J. M. Ramsbottom and C. A.
Rinehart. (Food Industries. Vol. 12, No. 6, June 1940, pp. .
45-47.) This article tells how a meat packer is using the proteolytic
enzyme in pineapple juice to treat the casing in which sausages and other
meats are stuffed in order to make them more tender.

THE USES OF SOFT WINTER WHEAT FLOURS. George Garnatz. (The
Food and Northwestern Miller and American Baker. Vol. 17, No. 6, June
Nutrition 5, 1940, pp. 18-21.) The author takes up the use of soft winter
wheat flours in cake making and says in this connection that
successful cake flours have been made using the soft red winter wheats
produced in the various States and the soft white winter wheat available,
either by themselves or blended. Regarding hot-bread flours, he says that
the opinion is held that flours produced from soft-textured wheats give the
best results because they require less bleaching, use less shortening, and
produce more tender biscuits. He says better pie flours should be milled
from soft and chalky types of wheat containing not to exceed 9.5 percent
protein, so the flours themselves will run between 7 percent and 9 percent
protein.

Food and Nutri-
tion HIGHLIGHTS OF THE 7TH ANNUAL MEETING, AMERICAN
INSTITUTE OF NUTRITION. (Nutrition, Vol. 3, No.
3, May-June 1940, pp. 1 and 3.) In this report
the new vitamins are reported on and their newly determined names
given. They include fat-soluble vitamin K, "Koagulations." In the
vitamin B complex is the so-called pantothenic acid. This new vita-
min has been isolated in the crystalline lactone form. The new name
given to vitamin B is "Pyridoxine."

Food and Nutri-
tion DIET IN PREGNANCY AND LACTATION. Carl R. Wogner.
(Journal of the American Dietetic Association.
Vol. 16, No. 6, June-July 1940, pp. 541-549.)

This article advocates more intelligent attention to proper nutrition
during pregnancy and lactation in the belief that it would be rewarded
by a lowering of the stillbirth and premature-birth rates, a decrease
in maternal and postnatal infant mortality, an increase in the average
health of full-time babies, and an increase in the mothers' general
health and ability to breast-feed their children successfully.

Food and Nutri-
tion CANNING SOFT RIPE FREESTONE PEACHES. H. H. Mottern
and A. M. Neubert. (The Fruit Products Journal.
Vol. 19, No. 10, June 1940, pp. 293-296.) This
article gives instructions for canning soft, ripe freestone peaches.
It describes the maturity they should reach, and gives instructions for
peeling and preparation. The author objects to the method of subject-
ing the peaches to lye or other alkali to remove skins. He says the
most desirable peeling process is to halve the peach with a sharp knife
and steam it to remove the skin. He says that a preference has been
found for a lighter sirup because it does not mask the peach flavor.
Sirup containing 30 percent sucrose and 20 percent dextrose has been
used with satisfactory results.

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tion HOW FLOUR SIFTING AFFECTS THE PHYSICAL CHARACTER-
ISTICS OF CAKE. Charles A. Glabau. (Bakers Weekly.
Vol. 106, No. 5, May 4, 1940, pp. 53, 54, and 64.)
A report on how flour sifting affects the physical characteristics of
cake. Among other things, the author says that in recent years it has
been found that it is much better to heat the sugar if the sponge-cake
foam is to be heated at all. This is an improvement over the older
practice of putting hot water into sponge cake batter. In closing, it
says that putting a flour paste through a fine sieve lowers the value
of the cake. The separation of the flour into flakes may be one of the
factors responsible for the difference in cake volume. It is likely
that other factors play some role in this.

FOOD VALUES AT A GLANCE, and How To Plan a Healthy Diet.
Food and Violet G . Plimmer. (Longmans, Green and Co., New York,
Nutrition 1939, pp. 190, 41 tables and charts, of which 27 are in
 color.) A British book with chapters on malnutrition, diet,
and the importance of various food substances, such as minerals, proteins,
and vitamins. It contains a large number of tables, graphically showing
the composition of various foods.

THE FACTS ABOUT "ARTIFICIALLY." Norwood C. Thornton, Boyce
Food and Thompson Institute of Plant Research, Yonkers, N. Y.
Nutrition (Food Industries. Vol. 12, No. 7, July 1940 , pp. 48.)
 This is part 1 of a discussion of the ripening of oranges
and other citrus fruits, such as bananas, and tomatoes, with the aid of
ethylene gas. It explains the physiology and chemistry of this process.
Part 2 will appear in a later issue.

COMPOSITION OF SOME COMMON FOODS WITH RESPECT TO THE
Food and CARBOHYDRATE CONTENT. Thorne M. Carpenter. (The Journal
Nutrition of Nutrition. Vol. 19, No. 5, May 10, 1940, pp. 415-422.)
 A report of a study of changes in carbohydrate combustion of
common foods ingested by man. The method of conducting the experiment is
described and the results are given in a table. Twenty kinds of food in-
cluding rice, macaroni, white bread, raw and cooked vegetables, nuts,
dates, and figs were analyzed in reference to their content of reducing
sugars, hydrolyzable sugars, starch, and cellulose. The results obtained
were compared with previous analyses of similar foods by other investiga-
tors.

HOMEMAKING FOR BOYS. Essie L. Elliott. (Forecast. Vol. 56,
Food and No. 6, June 1940, pp. 298-300, 332, 338, and 340.) This
Nutrition describes a homemaking class for boys in which it says
 today there are close to 2,000 boys enrolled in home
economics classes in 27 high schools of Los Angeles, and that in 1938
it was estimated there were 3,645 boys in the State of California studying
homemaking.

FEEDING THE FAMILY. Mary Swartz Rose. (The MacMillan
Food and Co., New York, 1940, pp. xv 421, fourth edition, illus.
Nutrition and tables.) The fourth edition, entirely rewritten. In
 it increased emphasis is given to daily use of food sources
rich in vitamins A and D. More is said about allergy as a dietary problem,
and more detailed information is given about the nutritive value of in-
dividual foods. Chapter headings: The significance of food, Care of the
digestive mechanism, The cost of food, The making of menus, Food for the
adult man, Food for the adult woman, Food for the baby, Food for the
2-year-old child, Food for children 3 and 4 years old, Food for children
5 to 7 years old, Food for children 8 to 12 years old, Food in adoles-
cence and youth, Food after 40, Food for the family group, and Food for
the sick and convalescent.

Handicraft

CROSS YOUR STITCHES. Christine Ferry. (Better Homes and Gardens. Vol. 18, No. 9, May 1940, pp. 59 and 60.)

This brief item is illustrated with a photograph showing the types of materials on which cross-stitch may be readily worked. The fabrics shown are penelope canvas, scrim or railroad canvas, cotton drapery fabric, needlepoint canvas, linen Aida canvas, cotton Aida, monk's cloth, Smyrna canvas.

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WHAT IS A CALORIE? Kellogg Company. (The Kellogg Co., Battle Creek, Mich., 1940, No. H.E.-9 2-40, pp. 5.)

and vegetables.

This little circular lists 100-calorie portions of some commonly used foods, such as beverages, cereals, meats,

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EARLY COUNSEL FOR THE CANNING SEASON. (The Progressive Farmer and Southern Ruralist. Vol. 55, No. 4, April 1940, pp. 46.) This article contains some tips to

follow in canning. It suggests, for instance, grading peas or huckleberries by using trays of hardware cloth--1/2-inch wire mesh. Other tips are included.

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SHOULD THE TEENS DIET? Figure control grows important in the teens, but dieting is dangerous unless emphasis is laid on the foods necessary for health and growth.

Lulu G. Graves. (Parents' Magazine. Vol. 15, No. 4, April 1940, pp. 62, 74-77.) This article begins by saying that malnutrition has been called the great disease of the American school child. It says there is no reason why any sensible boy or girl should be undernourished or overweight unless he has some glandular or other organic disturbance. He should be taught something of the needs for different foods and to eat the foods with a relish. Other than this, the child should not diet, but he should watch his weight and control it by choosing foods that will satisfy an empty feeling by giving bulk to the stomach. Such foods include meats without fats, and bulky vegetables. Youth should learn to form good eating habits which are only common sense. It is much less painful to drink milk, orange or tomato juice, while you are growing than it is to submit repeatedly to the services of a dentist throughout the remaining years.

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QUICK-FROZEN FOODS SHOW LITTLE NUTRITIONAL LOSS. (Hygeia, Vol. 18, No. 5, May 1940, pp. 448-449.) This article

is a report of a compilation and study of reports on vitamin losses in quick-frozen foods and a summary of longer reports which have been published on this subject. In general, it says that studies have shown little if any loss of vitamin A as a result of quick freezing. Vitamin B₁ is not affected by the freezing itself, the vitamin C value of quick-frozen vegetables depends on many factors, such as variability in the fresh material, botanic variety, soil, climate, age and sometimes seed size, methods of blanching, cooling, and holding, before freezing. It closes by saying that all investigations indicate the great importance of sanitary care of foods before freezing, holding at sufficiently low temperature during storage, and cooking promptly after thawing or without thawing at all.

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CARBOHYDRATE VALUES OF FRUITS AND VEGETABLES. R. D. Williams, L. Wicks, H. R. Bierman, and W. H. Olmsted. (The Journal of Nutrition. Vol. 19, No. 6, June 10, 1940, pp. 593-604.) This article takes up the general methods of analysis of fruits and vegetables, and discusses the various results of such an analysis. It then classifies the fruits and vegetables according to their carbohydrate content. This grouping varies somewhat from the groupings in publications by such authors as Joslin and Wilder.

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TARO (COLOCASIA ESCULENTA) AS A FOOD. Martha Potgieter. (Journal of the American Dietetic Association. Vol. 16, No. 6, June-July, 1940, pp. 536-540.) An article advocating increased use of taro in Hawaii and other tropical areas where this plant is produced in abundance.

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DIET AND REPRODUCTION. H. J. Smith. (Flour and Feed. Vol. 41, No. 1, June 1940, pp. 16-18.) In a summary of this article the author says the dietary requirements for reproduction with some exceptions do not exceed the requirements for normal growth in young or maintenance of body weight in mature animals. It says that there is an exception that has been proved which includes the use of extra amounts of riboflavin for the production of hatchable eggs, extra amounts of carotene for cows during the later months of pregnancy, and extra amounts of tocopherol for rats also during the later months of pregnancy. Failure in reproduction can result from a lowered feed intake or severe deficiency of almost any one of the essential factors of diet.

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VITAMIN C RETENTION AS A CRITERION OF QUALITY AND NUTRITIVE VALUE IN VEGETABLES. Faith Fenton. (Journal of the American Dietetic Association, Vol. 16, No. 6, June-July 1940, pp. 524-535.) In this study of vitamin C retention, the author says that the destruction of vitamin C oxidation is catalyzed by copper and by enzymes. This is important information to those countries where copper has commonly been added to green vegetables in canning in order to give a permanent green color. The destruction caused by this practice runs from 15 to 95 percent of the vitamin. The enzyme which causes the destruction is present in large amounts in some vegetables and in others is not so active. It was found that long standing before and after cooking, certain methods of preparation, and the like, caused loss of the vitamin. Drying was found to be very destructive to vitamin C, particularly in leafy vegetables. Reheating canned vegetables probably results in a loss also.

Food and Nutrition FOOD AND THE WAR. (The Journal of the American Medical Association. Vol. 115, No. 7, August 17, 1940, pp 536-537.) This article discusses some problems of the maintenance of the food supply of the army and civilian population of the country in time of war. It says that there should be better co-ordination of the various boards that will be concerned with the nutrition of the Nation.

Food and Nutrition FROZEN FOODS FOR FUTURE USE. Lucile Smith. (The Ohio Farmer. Vol. 186, No. 1, July 13, 1940, pp. 10, illus.) With illustrations this short article tells something about the preparation of food to be stored in a freezer locker.

Food and Nutrition SMOKED TURKEY. Better clubs and restaurants offer market for this tasty product...L. F. Gurney. (New England Homestead. Vol. 113, No. 15, July 27, 1940, pp. 2, 7.) This article gives detailed instructions on how to select the turkey, dress it, prepare it for curing, and finally, how to smoke the bird. It also gives some recipes for preparing turkeys after they have been smoked.

Food and Nutrition THE FACTS ABOUT "ARTIFICIALLY" RIPENED FRUIT. Part II. Norwood C. Thornton. (Food Industries. Vol. 12, No. 8, August 1940, pp. 51-52.) This is the second part of an article about artificially ripened fruit. It points out the fact that immature fruit cannot be chemically ripened with ethylene, that only mature yet green-colored fruit can be properly colored by the use of ethylene. It also says that fruit normally produces ethylene during the period of ripening, and that the use of gas stoves for the purpose of producing ethylene where fruit is stored serves to increase the amount of ethylene and, therefore, only stimulates the natural process of ripening. If the fruit is almost ripe, ethylene will not alter the nutritive value.

Food and Nutrition PRACTICAL THERAPEUTICS. A method of nutritional protection during senescence. Harry Barowsky. (Medical Record. Vol. 152, No. 4, August 21, 1940, pp. 149-150.) This article, in discussing the numerous factors that tend to produce nutritional deficiencies in the aged, says physiologically malnutrition results in a lack of tonus and secretions, in altered digestion, and poor absorption and assimilation. It then explains some of the dietary needs of people as they grow older. It says that it is now generally recognized that an adequately energy producing and nutritionally protective diet is an essential requirement during old age.

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FROM SUN-DRYING TO QUICK-FREEZING. Clifford Parcher.
(American Cookery. Vol. 45, No. 3, October 1940,
pp. 178-181.) This article discusses food preservation
and the advantages and disadvantages of both sun drying and quick
freezing.

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THE IRON REQUIREMENT OF ADULTS. Adelaide P. Barer and
W. M. Fowler. (Journal of the American Dietetic Asso-
ciation. Vol. 16, No. 8, October 1940, pp. 769-778.)
This article reports research work of the Department of Internal Medicine
of the State University of Iowa. It reports the average intake of iron
for a group of 42 patients with a number of different pathological con-
ditions. From this study it was learned that the degree of anemia sug-
gests itself as an explanation for the variations in the amount of iron
retained by the individual on approximately the same iron intake, but
that such variation was not consistent. The results emphasize the neces-
sity for an adequate intake of iron. The study suggests that it should
be from 12 to 15 mgs. of iron per day as a minimum and says that a diet
containing from 3.81 to 6.76 mgs. per day resulted in a negative iron
balance, whereas in the same patients the diet with 12.22 to 15.53 mgs.
per day produced a positive balance.

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AIMS AND PURPOSE OF SCHOOL FEEDING. W. B. Lee. (Practical
Home Economics. Vol. 18, No. 4, April 1940, pp. 113-115.)
This article tells of some methods in which nutrition
facts have been presented in connection with school feeding. Illustra-
tions show some types of booklets and exhibits used in connection with
this work. The article suggests a goal for a "5-point child" in which
is stressed a 5-point diet for the "5-point child." This includes a
vitamin A reserve, optimum daily supply of calcium, iron for protection
against infection, a diet rich in vitamin C, and a liberal daily supply
of vitamin B₁.

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VITAMIN C IN PACKAGED FOODS PURCHASED IN RETAIL MARKETS.
K. R. Newman and C. R. Fellers. (Journal of the American
Dietetic Association. Vol. 16, No. 7, August-September
1940, pp. 695-696.) This, as the title indicates, is a study of vitamin
C in packaged foods purchased in retail markets. The conclusion reached
from the sampling of canned fruits and vegetables was that there was no
significant difference between fruits and vegetables packed in glass and
in tin. Uncombined oxygen is absent from most canned foods offered for
sale.

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FROZEN ASSETS. New quick-freezing unit for home use
offers great economy, variety in fine food. (House &
Garden. Vol. 78, No. 4, October 1940, pp. 58.) Dis-
cusses quick freezing of poultry and other foods, and describes the
equipment now available for this purpose. There are five illustrations.

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THE VITAMIN B COMPLEX IN NORMAL NUTRITION. C. A. Elvehjem. (Journal of the American Dietetic Association. Vol. 16, No. 7, August-September 1940, pp. 646-654.) This article discusses steps in research on vitamin B deficiency and tells how specific deficiency symptoms similar in many respects to those in human cases have been produced in the experimental animals. The author says in conclusion that he is "not promoting the fortification of foods, but merely trying to prevent dogmatic objections to the principle which may hinder progress in the experimental part of this program," of understanding the use of vitamin B. He says that in most cases some improvement in growth was noted, due to the feeding of additional vitamin, but normal growth was not obtained until a fair amount of natural food such as liver, kidney, or yeast was added. Likewise, it was cautioned that synthetic vitamins should be used with care in order to prevent the development of deficiencies more serious than those we set out to control.

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SIGNS OF THE TIMES. (Journal of Home Economics. Vol. 32, No. 8, October 1940, pp. 539-541.) Part of The Signs of the Times section of this magazine is a symposium on vitamins. The titles of this collection of brief items are: The Physiological Functions of the Vitamins, by Anne Bourquin; The Losses of Vitamin A, by Esther L. Batchelder; The Losses of the "B" Vitamins, by Hazel E. Munsell; and The Losses of Vitamin C, by Jessie E. Richardson.

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THE COOK BOOK OF THE UNITED STATES NAVY. Prepared by officers of the Supply Corps. (United States Government Printing Office, Washington, D. C., 1940, pp. v. + 164.) This cookbook contains large-quantity recipes.

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HOW TO CARVE A TURKEY. (House Beautiful. Vol. 82, No. 11, November 1940, pp. 48.) With a series of five illustrations this one-page article explains how to carve a turkey or a chicken.

THE DAY BY DAY COOK BOOK. Demetria Taylor and Gertrude Lynn. (Harper & Bros., Publishers, New York, 1939, pp. viii 367.) A book containing menus for every day of the year, and 1,047 recipes.

FUNDAMENTALS OF CAKE DECORATING--STEP BY STEP. Eric Leobelenz. (Bakers Weekly. Vol. 105, No. 6, January 27, 1940, pp. 49, 50, and 69.) Part V of a series of articles on this subject of cake decoration which takes up the making of rosebuds using candy cores at the center. It is continued in Bakers' Weekly for February 10, 1940, page 51. Illustrations show how to make the rosebuds, step by step, and the appearance of the finished articles.

EVERYDAY FOODS. Jessie W. Harris and Elizabeth L. Speer. (Houghton Mifflin Co., New York, 1939, pp. x 530 xxxiv.) A general textbook on foods, designed for college freshmen or high-school classes. It is divided into units taking up such subjects as the breakfast and luncheon or supper and dinner; a general discussion of foods; miscellaneous meals such as food for the sick, food for children, and food preservation. The latter part of the book is a cookbook.

VITAMINS--THEIR RESPECTIVE SOURCES, THEIR PHYSIOLOGICAL VALUES. Dr. C.A. Elvehjem. (Bakers Weekly. Vol. 105, No. 12, pp. 71-73, and 76.) This article takes up each of the various vitamins in turn, giving its technical name, some sources, and physiological effect. The author says that vitamins should be obtained from natural foods if possible; any attempt to increase the vitamin B₁ content of food should be welcomed and "there is no fundamental objection to the addition of synthetic vitamins to food materials."

SPECIFICATIONS PROTECT VALUES IN VEGETABLE BUYING. G. B. Wenzel and Sam Mallick. (The American Restaurant Magazine. Vol. 24, No. 5, May 1940, pp. 38-40 and 96.) This article includes a page of illustrations depicting specifications required for fresh vegetables and furnished by the United States Department of Agriculture. The authors say that if the buyer insists on legitimate weights and specifies the quality and variety of vegetables wanted, he will be surprised to find how close all price quotations will be. Two tables give specifications, price range, and hints for buying snap beans and spinach.

VITAMIN SUMMARY. Reproduced by permission of the Quaker Oats Co. (The Northwestern Miller and American Baker. Vol. 17, No. 5, May 1, 1940, pp. 72.) The vitamins included are: A, pro-vitamin A, thiamin, riboflavin, nicotine acid, vitamin C, vitamin D, vitamin E, vitamin K, vitamin B₆. The best known functions for each are given along with the probable daily need.

FRESH, FROZEN AND DRIED EGGS AND EGG PRODUCTS (THEIR USES IN BAKING AND FOR OTHER PURPOSES.) J. A. LeClerc and L. H. Bailey. (Cereal Chemistry. Vol. 17, No. 3, May 1940, pp. 279-312.) A comparison of the baking qualities and other uses of fresh, frozen, and dried eggs

and egg products, made in a study of the literature on this subject and compiled by the Bureau of Agricultural Chemistry and Engineering of the United States Department of Agriculture. The various processes used in freezing, drying, and preserving eggs in liquid form are discussed. Also pointed out are the great improvements made in recent years in methods of drying as compared with those used long ago by the Chinese. This improvement in methods is said to have been made not only in the United States but also in China. Directions are given for thawing or defrosting frozen eggs.

